

THE

CHOICES MARKET



# HEARTBEET

September, 2023

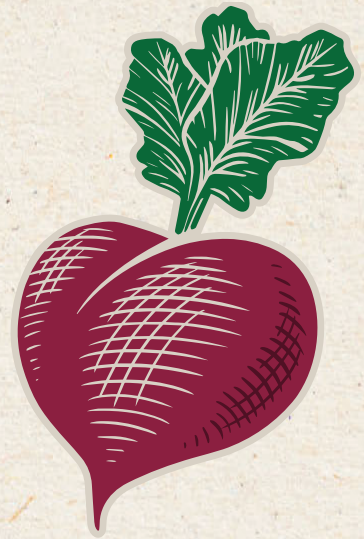
## DISCOVER PEARS

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## September is a big month for Choices Market Stores in Your Communities!

### **Choices South Surrey, one of our largest stores, is turning 18!**

We'd like to thank our customers for supporting us and letting this store become the successful story it is today.

### **Choices Kelowna is turning 16!**

We'd like to thank all our loyal customers for shopping at our first ever location outside of the Metro Vancouver area. Without you, our store wouldn't have become the flourishing centre of the community it is today.

### **Choices North Vancouver is turning 7!**

This store on the beautiful north shore is a star, and an active member of the community.

Stay tuned to our social media and website for more info on how we'll be celebrating at each of these locations, including anniversary sales!



## WHAT'S IN SEASON THIS MONTH

### **September Veggies**

Artichokes, Beans, Beets, Brussels Sprouts, Corn, Celery, Cucumbers, Fennel, Kale, Leeks, Pumpkins, Peppers, Tomatoes

### **September Fruits**

Apples, Blueberries, Cranberries, Grapes, Melons, Plums, Pears





# SEMINARS

Brought to you by:  
**THE WELLNESS HUB**  
AT CHOICES MARKET

## YOGA THERAPY FOR HEALTHY BONES

with Leila Stuart, BA, LLB, C-IAYT

Join Leila to learn how improving your bone health with Yoga Therapy can benefit your physical and mental health. A short talk will be followed by an accessible gentle class.

**Free Event**

SEPTEMBER

12

7 - 8:30 pm

ONLINE



SEPTEMBER

13

6 - 7:30 pm

IN STORE  
KELOWNA

## LEARN HOW TO COOK GLUTEN-FREE!

with Anna Pepperdine, BSc,  
and Sarah (Choices Bakery Manager)

Have you or your child been recently diagnosed with Celiac disease? Perhaps you are sensitive to gluten? Here you'll learn how to bake tasty gluten-free recipes to suit your needs.

**Free Event**



# REGISTER ONLINE AT CHOICES.MARKET/EVENTS



## EFFECTIVE HEALTH ON A BUDGET

with Dr. Jennifer Brix, ND

Increasing prices and a higher cost of living are not only draining our wallets but our health too. From declining access to healthy food to increasing levels of stress and anxiety, many people are wondering how they can maintain optimum well-being during these uncertain times. Join our naturopathic doctor to learn affordable ways to eat healthily, prevent nutrient deficiencies, and support your mood and sleep while on a budget.

**Event Sponsored by: Natural Factors**

SEPTEMBER

20

7 - 8:30 pm

ONLINE



SEPTEMBER

28

7 - 8:30 pm

ONLINE

## DIY PERFUMING WITH ESSENTIAL OILS

with Thalia Charney

Mixing and enjoying fragrant essential oils is an art dating back to some of the earliest human civilizations. Today we rely mostly on prestige perfumes that are overpriced and full of artificial ingredients. It is simple to create scents that are both safe to apply and pleasing. In under an hour, learn all you need to know to craft personalized perfumes.

**Event Sponsored by: Now Solutions Essential Oils**





# DISCOVER PEARS

BY CHEF ANTONIO



**P**ears, just like their more popular cousin, the apple, have been a big part of the human diet for millennia. Historic documents from 2000 BCE show that we were eating pears back then in China as well as the Mediterranean basin. There are thousands of varieties grown worldwide.

We associate pears with an elongated shape and a larger lower part. In many languages, pear shaped is a common way to describe something! Turns out, it's not completely accurate. Pears can also be round, just like an apple, often referred to as Asian pear.

The Pacific Northwest, Okanagan, Similkameen as well as parts of Ontario and Nova Scotia produce 80% of North American pears. The colour may differ from variety to variety, from faint yellow to dark green, from bronze brown to bright red.

The harvest in BC usually begins in late August and carries on into the fall. Just like apples, pears, if harvested when fully mature but not fully ripened, can be stored in atmosphere-controlled environments for all of winter and into spring. Pears are sensitive to ethylene gas, produced by fruit like bananas and avocados. Storing them in close proximity will speed up the ripening process.

Highly digestible and rich in vitamins and minerals, a lot of pear nutrients are found in its skin. Therefore, I strongly suggest consuming organic pears so you can eat the whole fruit without worry. Like most fruits, pears are a fantastic ingredient in tons of recipes. Sweet or savoury salads are always a fresh, seasonal option. Pears are particularly great with cheese, and the classic pairing is with blue cheeses. Poached pears, enriched with sugars and spices, are another classic of western cuisine. Tarts, flans, pie and strudel can all be a pear's best friend. Pear and ginger chutney just as an example, can be used on your cold roast, rice dish, samosa, or anywhere you wish. Use pear in sweet and sour dishes with your choice of favourite protein. Why not veg curry, fresh salad rolls, or even spring rolls? Thin sliced pears on a pizza with gorgonzola could become a new favourite. Delicious, versatile and nutritious, you could say this fruit is absolutely pear-fect.



## PEARS QUICK FACTS

*Family:*  
**Rosaceae**

*Related To:*  
**Apples, Cherries  
and Roses**

*Common Varieties:*  
**Bartlett, Anjou and Bosc**

*Good Source of:*  
**Dietary Fibre, Vitamin C  
and Potassium**

*Other Facts:*

- **Pears ripen better off the tree**
- **Thrive in temperate climates with cold winters and warm summers, like BC.**



**CHEF ANTONIO**

**Chef Antonio's** delicious creations are made fresh and on sale every day in the Choices Deli.

Pick something up today for a quick lunch or a meal for the whole family.



# ARCTIC CRANBERRY MUFFINS

Christina King's arctic cranberry orange muffins are baked with kimmingnat, a key food source for the Inuvialuit. According to Christina, receiving traditional foods, such as a bag of berries, is considered a gesture of affection in her culture as it takes hard work and time to hand-pick the fruit in damp, chilly conditions. Traditional food also represents more than just the food; it can symbolize an act of resistance within settler colonialism and a statement of culture and identity. Christina also shares that consuming and sharing traditional meals is a crucial way to uphold cultural ties, foster a sense of belonging, and promote modern-day health and well-being.

## ARCTIC CRANBERRY ORANGE MUFFINS

By: Chef Taalrumiq/Christina King

PREP TIME: 20 Minutes • COOK TIME: 20 Minutes

YIELDS: 12 Muffins

### INGREDIENTS

#### MUFFINS

- 1 Orange (divided)
- 2 cups All-purpose flour
- 1 1/2 tsp Baking powder
- 1/2 tsp Baking soda
- 1/2 tsp Salt
- 1 cup Fresh or frozen arctic cranberries  
(can substitute cultivated or farmed cranberries)
- 1/2 cup Butter, softened
- 2/3 cup Sugar
- 1 Egg
- 1/2 tsp Vanilla
- 1/2 cup Milk (divided)

#### ORANGE GLAZE

- 1/2 cup Icing Sugar
- 1/2 tsp Vanilla
- 2 tbsp Fresh squeezed orange juice

### INSTRUCTIONS

**Step 1:** Preheat the oven to 375°F.

**Step 2:** Grease muffin pan or line with paper liners.

**Step 3:** Prepare orange zest and juice. Use a zester or small grater to grate zest off the orange before juicing. Roll orange on countertop to release juices. Cut in half and squeeze out the fresh juice using a citrus reamer or juicer. Use 1/4 cup for muffin recipe and reserve 2 tablespoons in a separate bowl for the glaze.

**Step 4:** Mix dry ingredients: flour, baking powder, baking soda and salt. Gently stir in orange zest and cranberries until they're coated. Set aside.

**Step 5:** In a large bowl with a hand mixer or stand mixer with paddle attachment, cream together butter and sugar. Scrape the sides of the bowl as necessary. Add egg and mix until smooth. Next mix in vanilla and orange juice.

**Step 6:** Fold in half of flour mixture and half of the milk. Add remaining milk and remaining flour mixture, gently mix until just moistened. Do not overmix so as not to crush the cranberries. Batter will be lumpy.

**Step 7:** With a spoon, fill batter evenly into prepared muffin pan.

**Step 8:** Bake for 20-25 minutes until golden brown. While they are cooling, prepare glaze.

**Step 9:** For the orange glaze: Mix ingredients together and bring to light boil over medium low heat. Drizzle over warm muffins.



# 5 TOP PRODUCE PICKS FOR FALL

By: Anita Suen, BSc. Choices Nutrition Consultant

Warm weather is coming to an end and a variety of summer fruits are soon to be no longer in season. Fall introduces a range of hearty and nutritious produce that are at the peak of their flavour! Here are some great fall harvests at the grocery store this season!

## Winter Squash

The Butternut squash is the most common of the winter squash variety, available locally throughout August to January. This easy-to-grow winter squash ripens in the fall and can provide a source of vitamin A and fibre, and can be added to meals like soups, autumn salads or as a roasted side.

## Bok Choy

Bok choy is a cool season vegetable, making it a top fall produce pick with antioxidant and digestive health benefits. This delicious cruciferous vegetable carries anti-inflammatory properties as it is rich in vitamins C and K.

## Cranberries

Cranberries are native to wetlands of North America, in which many Indigenous communities used these fruits as a source of food and medicine. One method is pounding the fruit into dried meat, called pemmican, to help preserve it while adding various antioxidant functions!

## Pears

The commercial production of pears in Canada is limited to regions with a mild winter climate, including the Okanagan Valley and a few other farms in BC. Therefore, the fall is the perfect time to incorporate some nutritious and tasty Anjou and Bosc pears into your desserts or just eat them as is!



# NUT FREE SNACKS FOR KIDS

By: Kelsey Moore, RD, Choices Nutrition Operations Manager

It's that time of year again; a time when parents are busier than ever with back to school, and what's the first thing on a parent's mind? What to pack for school snacks.

Since schools are nut free, it takes a bit more planning when it comes to choosing safe snacks. Here are 8 easy nut-free options for kids:

- Apple slices and Wowbutter (a soy-based peanut butter alternative)
- Cucumber slices and hummus
- Allergy Smart cookies (free from the top 10 food allergens)
- Chewis Kiwi chips
- Z-bars
- Freyumm soft baked bars
- Go Pure fruit & oat bars
- Made Good bars

When shopping for nut-free snacks always read the label and look for a nut-free statement as some brands may have products from the same line that are and are not nut free.





# PREFERRED SHOPPER SPECIALS

SEPTEMBER 1 - 15 ONLY!

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store..



**Nature's Path  
Organic Boxed  
Cereals**  
Assorted Sizes

**\$4<sup>99</sup> - \$5<sup>99</sup>**

At Nature's Path, we're passionate about protecting our planet and leaving this earth better than we found it.



**Terra  
Granola**  
800-850g

**\$12<sup>99</sup>**

Inspired by Head Baker Mary Mackay's family recipe. Small batch. No preservatives. Non-GMO ingredients.



**Tree Island  
Greek & Fruit  
Yogurt**  
325g-350g

**\$4<sup>49</sup>**

Yogurt made with only live culture and fresh, whole milk from Birkdale Farm in Comox.



**Earth's Choice  
Organic Coffee**  
340g

**\$11<sup>99</sup>**

A fresh roasted cup of coffee is only a moment away with Earth's Choice.



**Earth's Own  
Oat Beverage**  
1.75 Litre

**\$4<sup>49</sup>**

Plus Deposit,  
Recycling Fee  
Where Applicable

We're plant-based, totally Canadian, and make zero compromises when it comes to taste. Our Oat Milk was voted Canada's best-tasting!



**Fatso  
Nut Butter**  
500g

**\$7<sup>99</sup>**

Your favourite nut butters boosted with plant-based superfoods.



**Green & Blacks  
Organic  
Chocolate Bars**  
90g

**\$4<sup>49</sup>**

Since we began in 1991, we have held true to the belief that the best flavours come from nature.



**Siete Grain Free  
Tortilla Chips**  
142g

**\$5<sup>49</sup>**

Delicious, better-for-you products from a family owned business.

## DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND



**Seventh Generation  
Laundry Detergent**  
Liquid  
2.66 Litre/683mL

**\$12<sup>99</sup> / \$16<sup>99</sup>**

All of our detergents are formulated to be tough on stains, but gentle on clothes.



**Gone Crackers  
Gourmet**

**Crackers 142g    Jelly 250mL**  
**\$5<sup>49</sup> / \$4<sup>99</sup>**

Amazing on their own, Gone Crackers are also wonderful paired with a variety of wines and cheeses.



**Sunrise  
Soyganic Tofu**  
Assorted Sizes

**starting at  
\$1<sup>99</sup>**

Made fresh in the heart of East Vancouver.



**Lotus Foods  
Organic Rice**  
425g/850g

**\$4<sup>99</sup> - \$9<sup>99</sup>**

Lotus Foods brings the finest rice from the best rice producing regions to your stovetop.



**Plumm Good  
Rice Cakes**  
185g

**\$4<sup>49</sup>**

Top these rice cakes with your favourite meats, cheeses and veggies for a great snack



# PREFERRED SHOPPER SPECIALS

SEPTEMBER 16 - 30 ONLY!

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**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Bob's Red Mill Oats**  
567g-907g

**\$4.49 - \$8.99**

High quality oats to help start everyone's day off right!



**Olympic Organic and Natural Yogurt**  
650g

**\$4.99 - \$5.49**

Made with good, fresh organic milk from our grassfed cows and 100% natural, clean ingredients.



**Happy Planet Organic Juice**  
1.75 Litre

**\$4.49 - \$5.49**

Plus Deposit, Recycling Fee Where Applicable

A wide range of organic juices that are better for the planet! Using a range of organic and non-GMO fruit.



**Kicking Horse Organic Fair Trade Coffee**  
Whole Bean, 454g

**\$15.99**

This coffee kicks ass! Available in a broad assortment of tastes and aromas.



**Califia Non-Dairy Beverage**  
1.4 Litre

**Almond Cold Brew \$4.49 / \$4.99**

Our dairy-free milks are delicious to drink and easy to use in recipes.



**GT's Organic Kombucha**  
1.4 Litre

**\$8.49**

Plus Deposit, Recycling Fee Where Applicable

GT's Kombucha is the original brand that made kombucha famous!



**Hardbite Potato Chips**  
128g - 150g

**\$2.99**

These chips were made rugged for those who live life rugged.



**Angie's Boom Chick A Pop Popcorn**  
125g - 372g

**\$3.99 / \$6.99**

A boom of whole grain snacking flavour and cravable goodness.

## NOURISHING LIFESTYLES SINCE 1990



**Pacific Foods Organic Soups**  
284mL/946mL & 1 Litre

**\$2.99 / \$4.99**

We make our food with organic ingredients and focus on distinctive flavours because we love food as much as you do.



**Ritter Sport Chocolate Bars**  
100g

**\$2.99**

We live and love variety. With such a large selection, it's not easy to find your absolute favourite.



**Kühne Sauerkraut, Mustard or Yogurt Dressing**  
Assorted Sizes starting at

**\$3.49**

At Kühne, we have been crafting vegetarian products long before they became a mega trend: since the company was founded in 1722.



**Komo Plant-Based Frozen Entrees**  
600g

**\$9.49**

Plant-based comfort foods for simple and delicious vegan dinner nights.



**Healthy Hippo Plant-Based Gummies**  
50g

**\$2.99**

Discover the Healthy Hippo difference: 100% natural, and sweetened solely with monk fruit.





# Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.



## BROCCOLI

It should come as no surprise that broccoli is a nutrient powerhouse, but do you know how nutritious it really is? Broccoli contains a host of nutrients like vitamin C, K, folate, potassium, manganese, and iron to name a few. It's recommended to consume at least one green vegetable a day and having broccoli regularly is an easy way to meet that recommendation.

## WORKSHOP VEGETARIAN

Ever struggle with making your own broth at home not only tasty but nutritious too?

The Workshop offers tasty broths like Spicy Tantan Ramen and Carrot Miso Ginger

which are full of vegetables and fermented foods like kimchi and miso. So consider swapping out your regular broth for one of these nutrient-dense options.



## JUST EGG

Looking for an easy plant-based egg swap? Look no further than Just Egg!

Nutritionally speaking, Just egg is comparable to chicken eggs. It is a good source of protein and does not contain cholesterol.

Enjoy Just eggs exactly as you would regular eggs, scrambled, omelette, in baked goods, the choices is up to you!







# Spiced Dalgona Coffee

By Kelsey Moore, RD

## INGREDIENTS

1 cup	a2 Milk
2 tbsp	Instant Coffee
2 tbsp	Cane Sugar
2 tbsp	Hot Water
Dash	Cinnamon
Dash	Allspice (optional)
Dash	Nutmeg (optional)

## STEPS

1. Combine instant Coffee, sugar, spices and hot water in a mixing bowl. Use whisk or hand mixer (recommended) and whip until stiff peaks are formed when mixer is removed (can take up to 8 - 10 minutes).
2. Heat milk to desired drinking temperature.
3. Top warmed milk with 1 - 2 tbsp. of frothed coffee mixture.

## WE USED

### a2 MILK

What is a2 milk?

The main protein found in cow's milk is casein protein which comes in two forms, A1 and A2. However, some cows naturally only produce milk that contains A2.

Studies show that individuals drinking milk only containing A2 report fewer digestive symptoms like bloating, gas and diarrhea compared to traditional milk. Bottom line, if you are not lactose intolerant but still are still experiencing digestive concerns a2 milk may help to alleviate these symptoms! And great news, the taste is identical to traditional milk so no need to sacrifice flavour here.





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**SEPTEMBER 1 - 15 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Natural Factors  
Theracurmin  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Curcumin, from the spice turmeric, has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health.



**NutraSea  
Omega-3 Fish Oil  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

No fishy burp-back. Helps support the maintenance of good health, cardiovascular health, cognitive and brain function.



**Honibe**

**Lozenges 10 Pack**  
**Gummie Supplements 70 Pack**

**\$4.49 / \$14.49**

Our Vitamin D Gummie Bees provide 1000IU of vitamin D to help build strong bones & teeth in a family-friendly formula.



**Genestra Brands  
Vitamins &  
Supplements**  
Assorted  
Varieties & Sizes

**15% OFF**

Genestra Brands® offers a variety of targeted probiotic formulas with clinically researched strains in clinically proven amounts.



**Flora  
Immune Support  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Traditionally used in Herbal Medicine to help relieve symptoms of colds and flus, such as coughs, sore throat and catarrh of the upper respiratory tract.



**Subi Greens  
Super Juice Mix**  
264g - 280g

**\$31.99**

SUBI contains 20+ whole, real food ingredients, 4+ servings of vegetables in every scoop, and 60% of your daily nutrition.



**Boiron  
Homeopathic  
Medicines**  
Assorted  
Varieties & Sizes

**20% OFF**

At Boiron, our homeopathic medicines are available in several formulations to relieve a wide range of ailments.



**Aeryon Wellness  
Vitamins &  
Supplements**  
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**20% OFF**

All-natural, scientifically formulated supplement designed to relieve occasional constipation, gas, bloating and intestinal discomfort.



**Himalaya  
Hello Energy  
& Hello Joy**  
60 Capsules

**\$26.99**

Achieve your daily tasks without taxing your adrenals, and without having to use stimulants such as caffeine.



**Acure  
Face & Hair Care**  
Assorted  
Varieties & Sizes

**25% OFF**

100% VEGAN. 0% PRETENTIOUS.  
Paraben free, Sulfate free, Mineral oil free, Petrolatum free, Formaldehyde free, Cruelty free.



**Decode  
Personal Care For Men**  
Assorted  
Varieties & Sizes

**25% OFF**

Decode personal care products are clean, natural, high-performance products designed for men manufactured in Canada.



**Dr. Bronner's  
Pure Castile  
Soap**  
946mL

**\$19.99**

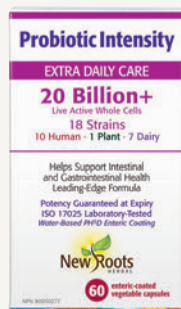
With no added fragrance and double the olive oil, our Baby Unscented Pure-Castile Liquid Soap is good for sensitive skin & babies too!



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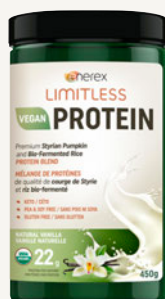


**New Roots  
Probiotic**  
Assorted  
Varieties & Sizes

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Probiotic Intensity is formulated with 20 billion live cells, spanning 16 specific therapeutic probiotic strains, and an advanced colostrum extract to help modify gut flora. Probiotic Intensity is unrivalled in the probiotic sector for diversity of scientifically proven probiotic strains, inclusion of naturally sourced complementary prebiotics, and colostrum extract.

Each naturally enteric-coated capsule delivers in excess of 20 billion live probiotic cells to specific sites within the intestines. Our strain selection features 16 beneficial strains, including 10 of human origin. The origin of a probiotic strain is not the sole criteria for effectiveness; however, strains of human origin exhibit the capacity to colonize at multiple sites within the entire gastrointestinal tract.



**Enerex  
Limitless  
Vegan Protein**  
450g

**\$59<sup>99</sup>**

Limitless Protein Organic bio-fermented seed-based protein. Formulated with organic ingredients to achieve a rich and velvety smooth taste unlike traditional chalky or gritty vegan protein blends. Green protein with limitless potential. Enerex Limitless Protein is crafted from the highest quality ingredients and is naturally loaded with 22g of complete protein, a full spectrum of naturally occurring vitamins including pre-biotics, minerals, amino acids, essential fats & phytonutrients. And the best part... it's easy to digest and absorb since it's PEA AND SOY FREE.



**Platinum Naturals  
EasyIron Extra  
Strength**  
60 Capsules

**\$39<sup>99</sup>**

EasyIron® Extra Strength is a therapeutic and non-constipating formula for those experiencing severe iron deficiency anemia. It combines iron bisglycinate, which is 4.5x better absorbed than most other forms of iron, with key co-factors and our Omega Absorb™ delivery system for 3x greater absorption due to the suspension in healthy oils. EasyIron includes essential co-factors such as folic acid, vitamin B12, vitamin C, copper and zinc to help your body make healthy red blood cells.



**Nena Galcial  
Oceanic Clay  
Face Care**  
Assorted  
Varieties & Sizes

**25% OFF**

Clinically Proven: Glacial Clay is proven to contain anti-inflammatory and soothing properties, increase collagen production by 70% (anti-aging benefits), reduce oil on the face by 95% and tighten pores after just one application.

Purifying & Softening: Glacial Clay is negatively-charged, making it a powerful magnet for the positively-charged impurities trapped in the skin. Effectively removes dead skin cells and environmental pollutants, revealing a soft and toned complexion. Natural & Powerful: contains 99% natural Canadian Glacial Oceanic Clay from a pristine source in Northern British Columbia Canada. Glacial Clay has been used for centuries by the First Nation People for its antibacterial properties.

Rich in 60+ Minerals: Glacial Oceanic Clay contains over 60 minerals and rare earth elements beneficial to the skin.

For All Skin Types: including dry, oily, combination, sensitive, and aging skin.



**Plumpp  
Irish Sea  
Moss**  
40g/120g

**\$10<sup>99</sup> / \$27<sup>99</sup>**

Upgrade your immune system with critical minerals through a daily dose of this unprocessed, natural, straight from the ocean superfood! Can be applied topically or ingested. Anti-inflammatory properties make sea moss excellent for dry & sensitive skin, providing relief from symptoms of rashes, eczema and psoriasis. Prep with a rinse, soak, strain and blend. Make a full batch and keep in the fridge or freezer, adding to your daily shake or taking it straight up.



**Essential Oxygen  
Organic Oral  
Care**  
Assorted  
Varieties & Sizes

**20% OFF**

On-Demand Tooth Polish offers abrasion on-demand to get your teeth their pearly whitest while not taking down your enamel in the process. This minty tooth polish gives you the power to control how often you use abrasives on your teeth because every mouth is different! People with thin enamel can use the Tooth Polish once a week, and wine-loving, coffee-drinking, tartar-prone folks can use it 5 days a week. Everyone can enjoy that fresh-from-the-hygienist feeling.



# WELLNESS CENTRE SPECIALS

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**MegaFood Organic  
Vitamins &  
Supplements**  
Assorted Varieties & Sizes

**25% OFF**

MegaFood goes out of their way to source fresh and local foods, crafting these into wholesome supplements that deliver authentic nourishment.



**Renew Life  
Probiotics**  
Assorted  
Varieties & Sizes

**20% OFF**

Renew Life® offers a full line of health product supplements encompassing digestive health options like quality probiotics, fibre, fish oils, enzymes, and internal cleanses.



**Lean Fit  
Organic Proteins**

**Plant-Based** 715g **Whey** 832g - 858g  
**\$28<sup>99</sup> / \$35<sup>99</sup>**

Marine clean collagen helps to replace the collagen lost to the aging process and supports youthful, hydrated skin, healthy joints, nails and hair!



**Natural Factors  
Omega-3  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

OmegaFactors Certified Organic Flaxseed Oil is derived from certified organic flax, grown in Alberta, Canada where the cool, northern latitudes produce superior flaxseed oil, high in the omega-3 fatty acids.



**Organic Traditions  
Herbal Powders**  
Assorted  
Varieties & Sizes

**20% OFF**

Traditionally used in Ayurveda as a sleep aid, memory and mood enhancement, relieves general debility.



**Organika  
Broths**

**Veggie** 300g **Chicken or Beef** 300g  
**\$32<sup>99</sup> / \$39<sup>99</sup>**

"Fowl" in love with this tasty, comforting broth! Add this clean, single-ingredient broth powder to your kitchen arsenal for a high collagen alternative to conventional bouillon.



**Flora  
Ferritin+  
30 Capsules**

**\$26<sup>99</sup>**

- Supports healthy iron levels • Just one capsule per day!
- Gluten-Free + Vegan + Non-Constipating + Non-toxic



**Moducare  
Daily Immune  
Support**

**Kids** 60 Chewables **Adults** 90 Capsules  
**\$31<sup>99</sup> / \$35<sup>99</sup>**

Moducare combines the nutrients and benefits found naturally in fruits, nuts, seeds and vegetables in to one great supplement!



**Everyone  
for Every Body**

**Hand Soap** 377mL **3 in 1 Soap** 946mL  
**\$6<sup>49</sup> / \$14<sup>99</sup>**

Meet the multipurpose soap for everyday life. Our plant-based 3in1 soap is a shampoo, body wash, and bubble bath packed into one space-saving bottle.



**Dr. Bronner  
Pure-Castile  
Car Soap**  
140g

**\$5<sup>49</sup>**

Floral and fresh, with a hint of sweetness—our Rose Pure-Castile Bar Soap is made with certified fair trade ingredients and organic U.S.-grown hemp seed oil for a soft, smooth lather that won't dry your skin.



**Aura Cacia  
Essential Oils,  
Bath & Body Care**  
Assorted  
Varieties & Sizes

**30% OFF**

Aura Cacia offers natural essential oils, diffusers and aromatherapy products made from simple and pure botanical ingredients.



**I Luv It  
Natural  
Deodorant**

**Regular** 110g **Sensitive** 110g  
**\$16<sup>49</sup> / \$23<sup>99</sup>**

A lighter, day cream for immediate skin vitality, this quickly absorbed cream makes skin feel regenerated.



# WELLNESS CENTRE SPECIALS

SEPTEMBER 16 - 30 ONLY!

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Healthology  
Vitamins and  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**

SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep. Unlike medications that may assist with falling asleep but limit your body's ability to enter into a deep sleep state, SLEEP-GREAT works by enhancing the body's natural sleep hormone pattern so that you enter all five stages of a healthy sleep, allowing you to wake up feeling refreshed every day.



**Salus  
Floradix  
Kindervital  
Multivitamin**  
250mL/500mL

**\$23<sup>99</sup> / \$39<sup>99</sup>**

Floradix-Kindervital is a delicious food supplement for children providing vital calcium and vitamin D which are needed for normal growth and bone development. Floradix-Kindervital contains several fruit juice concentrates and selected herbs for a pleasant, slightly malty, taste. Floradix-Kindervital contains no alcohol, preservatives, colourings or artificial flavourings. It is lactose free and suitable for vegetarians.



**Natural Factors  
Liposomal  
Vitamin C**  
90 Softgels/  
180 Softgels

**\$19<sup>99</sup> / \$36<sup>99</sup>**

Natural Factors Liposomal Vitamin C is an enhanced, highly absorbable source of vitamin C to support immune function and provide antioxidants that help protect against free radicals. This new, specialized delivery system encases buffered vitamin C within a liposome. This protects vitamin C during digestion to ensure a fast and efficient uptake into the cells without digestive upset. Vitamin C is an essential nutrient and well-known antioxidant. It plays important roles in collagen formation, making this vitamin critical to wound repair and maintaining healthy bones, cartilage, teeth, and gums.



**Blume  
Superfood  
Lattes**  
100g

**\$23<sup>99</sup>**

Your Fave Lattes, Made Good For You. Enjoy your favourite cafe flavours, without the syrups, refined-sugars, and caffeine. Caffeine jitters & crash? No thank you. Organically grown and sourced from the Shizuoka region of Japan, this blend is a combination of stone-ground, hand-picked matcha, and antioxidant-rich moringa, with a creamy coconut finish. Balanced with L-theanine, matcha's natural caffeine is slowly absorbed into the body, giving you that zen-ergized feeling all day long.



**Pure Creations  
Facial  
Care**  
Assorted Varieties  
& Sizes

**20% OFF**

A luxurious serum with plant-based Retinol, peptides, and Glucosyl Hesperidin that brights the skin, reduce the look of dark circles and wrinkles. Pure Creations' natural products blend botanical extracts sourced from Canadian organic farms with functional ingredients recognized on the market as "best ingredients" for efficiency and plant-based alternatives



**Platinum  
Naturals  
Curcumin  
Complete 95**  
60 Capsules

**\$34<sup>99</sup>**

Curcumin is the active ingredient in turmeric, however is difficult for the body to absorb and is easily degraded by stomach acid before it can be fully absorbed. Studies show that suspending curcumin in oil protects the ingredient from the harshness of the stomach acid to safely deliver it to the intestinal tract for greater than 95% absorption in 24 hours. Curcumin Oil has been shown to contain at least 43 naturally occurring components with benefits including, antimicrobial and antioxidant activities.





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### Kitsilano

2627 W 16th Ave, Vancouver  
604.736.0009

### Cambie

3493 Cambie St, Vancouver  
604.875.0099

### Kerrisdale

1888 W 57th Ave, Vancouver  
604.263.4600

### Yaletown

1202 Richards St, Vancouver  
604.633.2392

### Commercial Drive

1045 Commercial Dr, Vancouver  
604.678.9665

### Kelowna

1937 Harvey Ave, Kelowna  
250.862.4864

### South Surrey

3248 King George Blvd, Surrey  
604.541.3902

### Burnaby Crest

8683 10th Ave, Burnaby  
604.522.0936

### Abbotsford

3033 Immel St, Abbotsford  
604.744.3567

### North Vancouver

801 Marine Dr, North Vancouver  
604.770.2868

### Parksville – NOW OPEN

319 Island Hwy East

### Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

**Tree(s):** 27

**Waste:** 1,199 kg

**Water:** 97,773 L

**Greenhouse Gas Emissions:** 3,932 kg CO<sub>2</sub>

**Smog:** 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator



# NOW OPEN

## CHOICES MARKET

# PARKSVILLE, BC

319 Island Highway East

# DISCOVER LOCAL CHOICES